

# ABSTRACT OF THE DISCLOSURE

A toner including toner particles including a binder resin and a release agent, wherein when the toner is molded into a plate upon application of a pressure of  $478 \text{ kg/cm}^2$ , the toner  
5 plate has a surface having a coefficient of static friction of from 0.20 to 0.40. An image forming apparatus including an image bearing member, an image developer to form a toner image on the image bearing member, an image transferer configured to transfer the toner image on a receiving material and a fixer  
10 configured to fix the toner image thereon, wherein the apparatus has a waiting time not longer than 15 seconds, and a maximum power consumption not greater than 1.5 KW and 30 W in an image forming state and in a standby state, respectively, wherein the toner is the toner mentioned above.